



Arkansas Department of Health

4815 West Markham Street • Little Rock, Arkansas 72205-3867 • Telephone (501) 661-2000
Governor Asa Hutchinson
Nathaniel Smith, MD, MPH, Secretary of Health

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Clinical Guidance for Management of Patients with Confirmed COVID-19

Interim clinical guidance for the management of patients with confirmed COVID-19 (based on current information) is available at the CDC and WHO websites:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>

[https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-\(ncov\)-infection-is-suspected](https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)

We urge you to familiarize yourself with this information as you will likely care for a confirmed COVID-19 patient. A few highlights are included below:

- Incubation Period of SARS-CoV-2: median range of 4 days (IQR of 2 to 7 days) with a maximum of 14 days.
- Most common symptoms at presentation: fever, cough, myalgia, fatigue, shortness of breath.
- Risk factors for severe illness include older patients (usually 65 or greater) and those with chronic medical conditions such as cardiovascular disease, diabetes, chronic respiratory disease, hypertension, and malignancy.
- Illness can range from asymptomatic to mild URI symptoms to severe illness requiring mechanical ventilation, and sometimes death.
- Mild disease can sometimes be managed at home but this is at the discretion of the healthcare personnel evaluating patient.
 - Disease may worsen in the second week after infection.
 - Older patients and those with chronic medical conditions, as stated above, are at higher risk for progression of disease.
- **Corticosteroids should be avoided as they can prolong viral replication.**

Finally, we would also like to reiterate the importance of rapid implementation of your facility's infection control and prevention measures.

Updates will be provided as more information and guidance becomes available.